

Many times kids are faced with choices.

Some choices are better for us than others. Some choices are very harmful. Tobacco, Alcohol and Drugs are harmful to you and to others around you. They cost a lot of money, too. The choices you make today affect the rest of your life. Don't be afraid to ask for help.



You have the power to make smart choices!



THE Children's
Health FUND

Healthy B.A.S.I.C.S. (Building Active Strategies to Inform Children in School)

is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

The English and Spanish brochures were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.

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Healthy B.A.S.I.C.S.

Make Smart Choices: Avoid Tobacco, Alcohol & Drugs



Choices to Avoid:

"I feel so grown up, just like the ads show."

Toxic



"This cough is bad! I wish I could quit smoking."



"This chewing tobacco is making me dizzy..."

Alcohol:

"I feel so cool."

"I'm having fun!"



"I shouldn't have gone with those older kids who were drinking."

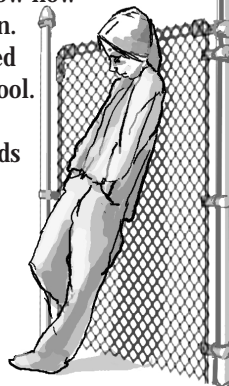
"My friends say I said and did some stupid things. I can't remember..."

Drugs:

"Wow, what a thrill!"



"Life is boring, I don't know how to have fun. I got kicked out of school. No one understands me..."

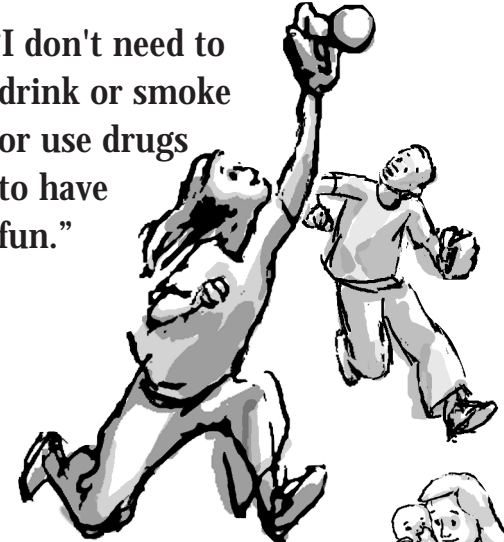


"I have to steal money to buy more drugs. I can't do without them now."



Smart Choice:

"I don't need to drink or smoke or use drugs to have fun."



"I feel good when I help others."



"That project was hard! I'm proud of us."

